

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

February 2010

## Mexican Hotdish Hearty Vegetable Beef Soup Frozen Strawberry Mousse Pocket Fruit Pies Healthy Snack Ideas

### Mexican Hotdish

1 pound lean ground beef  
1 medium onion, chopped  
1 can (10.75 ounces) tomato soup  
¼ teaspoon salt  
1 can (15 ounces) kidney beans  
1½ cups coarsely crushed corn chips  
Shredded lettuce  
Sour cream

1. Preheat oven to 350 degrees.
2. Brown ground beef and onion; drain excess fat.
3. Add soup, salt and kidney beans to ground beef. Simmer a few minutes to blend flavors.
4. Spread half of the beef mixture on the bottom of a 9x9-inch pan.
5. Add half of the crushed corn chips, then the remaining beef mixture, and top with remaining crushed corn chips.
6. Bake for 30 minutes.
7. Serve with shredded lettuce and sour cream.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 350 calories, 15 grams of fat, and 32 grams of carbohydrates.



### Shop Smart - Stretch Your Fruit & Veggie Dollar

Pre-cut fruit is at least three times more expensive than whole fruit and spoils faster.

(From ISU Extension Spend Smart Eat Smart website,  
<http://www.extension.iastate.edu/foodsavings/>)

### Hearty Vegetable Beef Soup

1 can (14 ounces) chicken broth  
½ cup water  
2 cups frozen mixed vegetables  
1 can (14.5 ounces) diced tomatoes  
1 cup cooked beef (leftover roast, hamburger or boiled meat)  
1 teaspoon thyme leaves or basil  
1 bay leaf  
2 ounces (about 1¼ cups) uncooked egg noodles  
Salt and pepper to taste

1. Combine all ingredients except noodles in a soup kettle. Bring to a boil; reduce heat and cook for 15 minutes.
2. Add noodles to soup mixture; bring back to a boil, reduce heat and cook for 10 minutes, stirring every couple of minutes.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 180 calories, 6 grams of fat, and 15 grams of carbohydrates.

### Breastfeeding:

*Why breastfeed? "To have that closeness with my child. Also to provide everything he needs. It was also a whole lot cheaper; basically free."*

~ Sheila, WIC Breastfeeding Mom from Fargo, ND



### Frozen Strawberry Mousse

1 package (10 ounces) frozen strawberries, unsweetened  
1 cup fat-free plain yogurt  
½ cup sugar  
1 tablespoon vanilla  
1 tablespoon lemon juice

1. Place strawberries, yogurt, sugar, vanilla and lemon juice in a blender; blend until combined.
2. Pour into a container and freeze.

**Nutrition Note:** This recipe makes four servings. Each serving has 120 calories, 0 grams of fat, and 29 grams of carbohydrates.

## Pocket Fruit Pies

4 whole wheat tortillas  
1 large apple or 2 medium peaches or pears  
2 tablespoons brown sugar  
¼ teaspoon ground cinnamon  
⅛ teaspoon nutmeg  
Fat-free skim milk  
Sugar (optional)



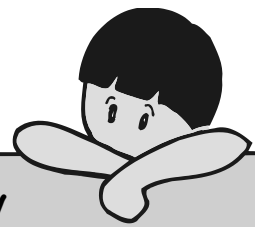
1. Preheat oven to 350 degrees.
2. Warm tortillas in the microwave or oven to make them easier to handle.
3. Wash, peel and chop fruit into small pieces. Place ¼ of the fruit on half of each tortilla.
4. In a small bowl stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruit.
6. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Bake for 8 to 12 minutes or until lightly browned.
8. Serve warm or cool.

**Nutrition Note:** This recipe makes 4 pies. Each pie has 140 calories, 2.5 grams of fat, and 27 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the  
Special Supplemental Nutrition Program  
for Women, Infants and Children  
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## Turn Off the TV



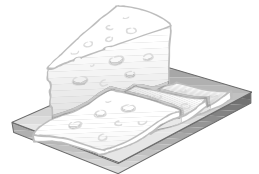
**Sing and Play** -Read the song below and talk about the words and actions they describe, then do the actions together.

Thumper, bumper, rough and tough,  
Crasher, smasher, that's enough  
Lightly, sprightly, soft as mice,  
Creeping, sleeping...that's nice!

(From the Iowa WIC Program)

## Healthy Snack Ideas

1. Fresh fruit – banana, orange, grapes, etc.
2. Whole grain crackers with peanut butter
3. Dip apple slices in yogurt or peanut butter
4. Roll a slice of cheese in a whole wheat tortilla
5. Mix together whole grain cereal with raisins and nuts
6. Wrap a slice of ham or turkey around a breadstick
7. Spread frozen yogurt between two graham crackers
8. Dip raw broccoli, cauliflower or carrots in low-fat ranch dressing



(Nutrition Matters, Inc - reprinted with permission)

## GROW HAPPY FAMILIES

### Get Out of the Eating-From-the-Package Habit.

Eating out of a food package – bags, boxes, or cartons – can easily become a risky habit. It's hard to tell how much you have actually eaten and most people usually eat more than they actually want or need. The secret to smart portion sizes: Take a small serving; put it into a small dish, bowl or cup; then put the package away.



# Kid's Page - Kid's Page - Kid's Page

## An Indoor Snowman

### To make snow:

With an electric mixer, beat white powdered laundry soap with cold water (add water gradually to make a mixture that holds together and is not runny).

To build a snowman, make three balls—one big, one medium and one small.

Stack on top of each other.



### To Decorate:

- ❖ Twigs for arms
- ❖ Dry black beans for eyes and mouth
- ❖ Thick yarn for a scarf
- ❖ Small baby carrot end for a nose
- ❖ Sprinkle with clear glitter for sparkle

## Critter Crunch

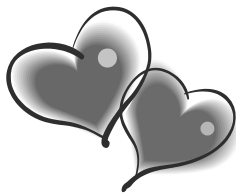
- $\frac{1}{4}$  cup butter or margarine
- 3 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- $1\frac{1}{2}$  cups Crispix/Chex-type cereal
- $1\frac{1}{2}$  cups Cheerios-type cereal
- $1\frac{1}{2}$  cups animal crackers
- $1\frac{1}{2}$  cups bear-shaped honey graham snacks
- 1 cup bite-size shredded wheat
- 1 cup miniature pretzels

In a saucepan or microwave-safe bowl, heat butter, brown sugar and cinnamon until butter is melted; mix well.

In a large bowl, combine the remaining ingredients. Add butter mixture and toss to coat. Place in a greased 10x15-inch baking pan. Bake at 300 degrees for 30 minutes, stirring every 10 minutes.

Store in an airtight container - makes about 8 cups.

## Laced Hearts



### Supplies:

- ❖ Hole puncher
- ❖ Hearts cut out of red cardboard
- ❖ Shoelaces or ribbon

### How To:

Punch holes around outside edge of heart. Let children weave shoelaces or ribbons through holes. Tie ends in a bow.